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ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Students are encouraged to adopt a cartoon character name, from a list in the back, and design a drug and alcohol poster with a message that features the cartoon character they have created. (RJM)

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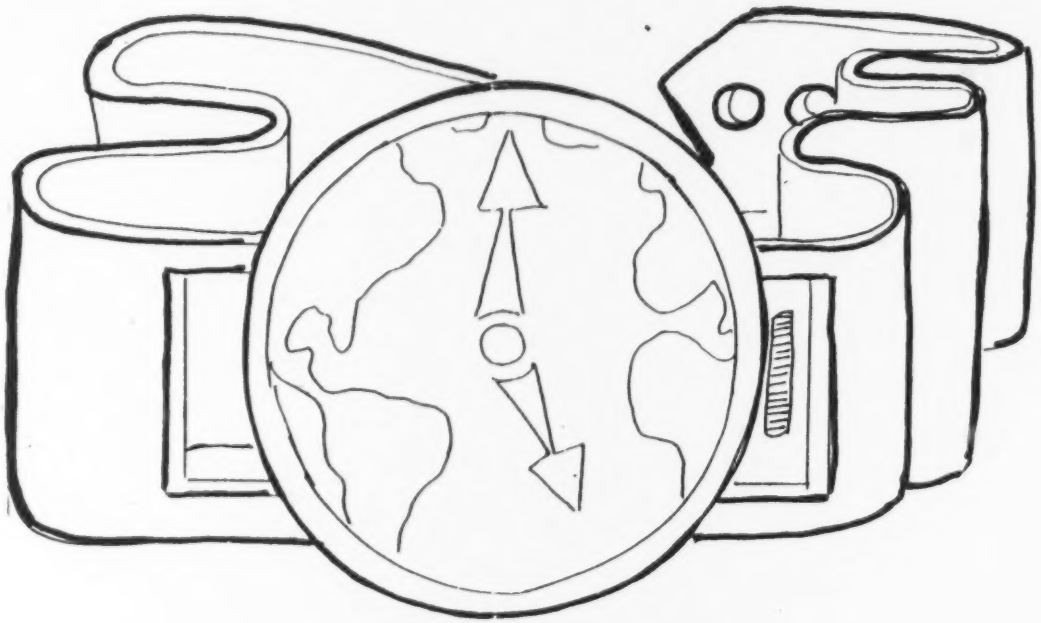
SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Grade Six



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Publisher of Educational Material

SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/ FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. Benchmarks should be discussed or written in a journal. The Task Cards can be completed individually, or in cooperative learning group situations. Optional tests are available for purchase from Drexler Associates, Inc.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number. (Example: 1-800-NODRUGS).

Each student adopts a cartoon character name, from the list at the end of this publication, and designs a drug and alcohol poster with a message showing the cartoon character they have created. Drug or alcohol facts should also appear on the poster.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARKS - The student should know that:

- Drug pushers may try to get kids hooked on the cheaper drugs first, then tempt them with more expensive drugs
- The abuse of cocaine can cause death from cardiac arrest
- At first, people may use cocaine:
  - To be social and go along with friends
  - To experiment
  - Because they mistakenly think it's a harmless, "recreational" drug
  - To lose weight or get more energy

Activity: Starglow Game

By teams, you are going to play a competitive game called "Starglow". Each team will embark on a journey through the universe, stopping at specific destinations to deliver a drug-free and alcohol-free message along the way. You will earn research points to speed you on your trek through space. To add more excitement, FATE doors will be opened with each Task Card to gain additional bonus points or subtract points. Begin by taping large paper or poster board to the wall. Each team names their Spaceship, and these names are recorded along the top horizontal border of the poster board.

Now create a design of your Spacecraft. Show the outside view and the inside diagram of compartments. Where is sick bay? the cafeteria? the communication board? the navigational controls? sleeping quarters?

TASK CARD # 2

BENCHMARKS - The student should know that:

- Some people become addicted. If they stop, they will suffer withdrawl symptoms. Mentally, they need cocaine to avoid the unpleasant "crash" that follows the "high"
- Smoking can cause gum infections
- Smoking can cause bad breath

Activity: Starglow Game continues

Now we are ready to list our destinations down the left side of your chart. Print the names of these target travel destinations, skipping a space on your chart after each location. Draw horizontal and vertical lines to form a grid. This will allow teams to calculate research points for drug and alcohol facts as well as Fate Points. Then, show your Spaceship pictures and diagrams you drew.

Mercury	Andromeda	Cancer	Chameleon	Gemini	Mensa	Pyxis
Tucana	Venus	Antilia	Canis Major	Canis Minor	Corona Broealis	Grus
Mars	Aquarius	Corvus	Hercules	Saturn	Aquila	Ara
Capricornus	Crater	Hydra	Jupiter	Carina	Crux	Leo
Neptune	Aries	Cassiopeia	Delphinus	Libra	Lupus	Uranus
Aries	Centaurus	Dorado	Lynx	Pluto	Aurigo	Velo
Cepheus	Draco	Mensa	Pyxis	Tucana	Orion	Pavo
Sagittarius	Ursa Major	Scorpius	Ursa Minor	Pegasus	Sculptor	Virgo
Perseus	Taurus	Phoenix	Telescopium	Volans	Pisces	

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TASK CARD # 3

BENCHMARKS - The student should know:

* Cocaine's legal classification is "Narcotic"
* Angel dust and LSD are Hallucinogens
* "PCP" is a common street name for Phencyclidine
* Cocaine comes in white powder forms
* "Rock" or "crack" cocaine are small pellets or tablets processed for smoking

Activity: Starglow Game continues

For every 15 facts gathered from reference sources such as encyclopedias, books, magazines, newspapers, pamphlets, etc., your team will reach the next Starglow destination on the planetary chart you have prepared. Ex: "60" facts means that you can travel to the next "4" universe destinations. Keep track of your points in pencil as you travel your Space Route. To make it even more exciting, "FATE" doors lettered A - E on each Task Card will help you gain (or lose) points along your journey. Begin your research now, and record sets of 15 facts on each page of your "Spaceship" Log.

TASK CARD # 4

BENCHMARKS - The student should know:

* "LSD" stands for a drug called Lysergiv Acid Diethylamide
* Abuse of paint thinners, airplane glue, and aerosols can cause phychosis, and permanent damage to the liver and nervous system
* People who continue using cocaine build up tolerance - they need more and more of the drug to get the same effect

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: John Jacob Abel, Alexander Fleming, SADD, MADD, Paul Ehrlich, William T. G. Morton, Andreas Vesalium, Johas Edward Salk

Choose your FATE letters A - E (Two teams can choose the same letters) After all teams select letters, THEN the facilitator will read the chosen FATES.

A. Violent tropical storm has blown the moonbeams off the planet. Visibility is poor for night driving. Lose 2 points (-2 points)

B. Abominable Snowman is shooting hoops with your fast food burgers. Gain 3 points for sharing. (+3 points)

C. Volatile dust storm has swirled cotton candy around your spaceship like a giant spider web. Lose 3 points while you untangle. (-3 points)

D. Tarantula has poison ivy. You have stopped to apply cool compresses. Gain 4 points for helping and 5 more if you can locate a bandaid in 60 seconds. (+4points and + 5 points)

E. Twelve pound hailstone has knocked your driver on the head. Tell 2 reasons why hailstones can mean severe weather, in 45 seconds, to earn 7 points. (+7 points)

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TASK CARD # 5

BENCHMARKS - The student should know:

- "Laughing gas" can cause nausea, nosebleeds, fatigue, and lack of coordination
- A drug pusher will have many reasons why you should try drugs
- Cocaine is a stimulant - a drug that speeds up the nervous system
- Cocaine is made from the leaves of the coca bush, which is grown in South America

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: analgesics, anesthetics, barbituates, morphine, decongestants, antibiotics

* Follow same FATE directions

A. Style is in. Draw a new kind of hat in 60 seconds on the chalkboard, and your team gains 5 points. (+5 points)

B. Buried treasure chest has clamped shut with your hand stuck in it. Pilot speeds ahead to get a doctor. Gain 7 points. (+7 points)

C. Your pilot has entered you in a Giant Gelatin Jump. If you can tell your teacher the directions from memory on how to make gelatin, gain 3 points. (+3 points)

D. Stop to play catch with a moonbeam. If you can land a chalkboard eraser in the classroom waste basket 3 out of 6 tries, from a distance of 10 feet, your team gets 9 points. (+9 points)

E. Rare bird has landed on the highway. If you and your team members can stand perfectly still, with absolutely no movement, for 20 seconds, you will gain 7 points. (+7 points)

TASK CARD # 6

BENCHMARKS - The student should know:

- The Surgeon General says that quitting smoking now, does greatly reduce serious risks to your health
- "Boose" and "cocktails" are common names for liquor, wine and beer
- Cocaine is addictive, it damages the brain and other organs

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: depressants, stimulants, steroids, sedatives, Boggs Act, Harrison Narcotics Act

* Follow same FATE directions:

A. Wild toothpaste container has written drug-free messages across the sky. 18 points if you can write a 4 line rhyming message on the chalkboard in the next 90 seconds. (+18 points)

B. Mosquitoes are doing the moonwalk across your speedometer. Stop the vehicle until you can see it clearly. Lose 2 points. (-2 points)

C. Oyster is pounding on your space vehicle hood demanding help to find her stolen, precious black pearl. Twelve points for helping her. Ten more if you can find someone with a fake pearl in the next 12 minutes. (+12 points and +10 points)

D. You have just purchased Super Sonic Bubble Gum. Show the class what happens when you blow a giant bubble and float away to the next galaxy. Gain 3 points (+3 points).

E. A baboon has sneezed and has blown you 300 miles off course. If you can find a clean tissue or hanky in 30 seconds, you will not lose 2 points. (-2 points)

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TASK CARD # 7

BENCHMARKS - The student should know:

- Cigarettes do contain different amounts of tar and nicotine.
- Tobacco is found in cigars, cigarettes, snuff, chewing twists and pipes
- Cocaine renders permanent damage to the lungs, liver and nose
- Cocaine results in severe problems for unborn and newborn babies of mothers who use cocaine

Activity: Starglow Game continues

SUGGESTIONS FOR RESEARCH: penicillin, silver nitrate, insulin, synthetic drugs, Narcotics Control Act, Opium Poppy Act,

* Follow same FATE directions:

A. Ozone layer has widened. You must stop and buy stronger sunglasses and sunscreen. For such wise action, gain 6 points. (+6 points)

B. Rescue a pilot that just crashed into the 81st floor of a skyscraper, on the wrong planet. Gain 9 points for heroism. (+9 points)

C. Roadrunner desert bird is speeding past you. Write an imaginary speeding ticket on the chalkboard in the next 45 seconds and gain 8 points. (+8 points)

D. Radical gumball machine is spewing gumballs over the road. If a teammate has a nickel to show in the next 90 seconds, you won't lose 5 points. (-5 points)

E. Chocolate chip avalanche has almost buried your team. Name 14 chocolate deserts in 60 seconds and gain 9 points. (+9 points)

TASK CARD # 8

BENCHMARKS - The student should know:

- Smoking is a costly habit.
- Smoking is an irritant to eyes and throat
- Cocaine results in the risk of AIDS and other infections from sharing needles
- Cocaine may cause coma and death

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: prescription drugs, over-the-counter drugs, US Food and Drug Administration, opiates

* Follow same FATE directions:

A. Flying peanut jars are chasing a circus elephant across the solar path. One point delay unless you can name 3 brands of peanut butter in the next 20 seconds. (-1 point)

B. Low tide has dumped soggy picnic plates, beer cans, and litter across the highway. Your team picked up the mess. Gain 18 points. (+18 points)

C. Solar Scorpio's nails are too long. If one of your partners has a nail file, scissors or nail clipper in the next 90 seconds, gain 4 points. (+4 points)

D. Weather balloon has burst over your heads and washed your roadmap away. Lose 3 points unless you can name 4 kinds of precipitation.

E. Termites are marching a protest across the universal highway. Wait patiently and gain 3 points. (+3 points)

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TASK CARD # 9

BENCHMARKS - The student should know:

- Smoking can cause throat cancer
- Smoking can be a fire hazard
- Cocaine use can destroy relationships with family and friends, and harm school and job performance

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: amphetamines, hallucinations, tolerance, insomnia, overdose, heroine, LSD

* Follow same FATE directions:

A. Volcanic Eruption. 2 point delay while you outrun the lava flow. (-2 points)

B. Plastic 6-pack loops from pop cans have accidentally handcuffed your team. Lose 8 points unless you can locate 6 pairs of scissors in 20 seconds. (-8 points)

C. Giant snapping turtle has his dentures stuck in your spaceship tires. Tell 6 good dental health rules in 45 seconds and your team has gained 10 points. (+10 points)

D. Lunar landing device has clunked your driver on the head. Lose 2 points unless you can recite the nursery rhyme, "Hey Diddle Diddle". (-2 points)

E. Friendly alien is begging for pizza. Feed him. Get 2 points for sharing. (+2 points)

TASK CARD # 10

BENCHMARKS - The student should know:

- Gasoline is a common name for hydrocarbons
- Cocaine is never safe! Studies have shown that it is addictive in all forms and can cause death in even small amounts
- Cocaine users risk arrests, fines, and jail terms, and may commit crimes and violence

Activity: Starglow Game continues

SUGGESTED RESEARCH TOPICS: caffeine, cravings, psychosis, cocaine, crack, mainlining, Gateway drugs.

* Follow same FATE directions:

A. Fleas from the family pet have stowed away in your sock for the journey. Show the class the dance you would do for 10 seconds to get rid of the fleas, and gain 5 points. (+5 points)

B. Glacier slide down a mountain, pushes you on your way quickly. Gain 7 points. (+7 points)

C. High tides have washed away your supplies. If you can recall 14 items on the school lunch menu from the last school week, in 90 seconds, gain 6 points. (+6 points)

D. You have stopped to watch a shuttle launch. Do 20 jumping jacks in 30 seconds to feel refreshed and gain 4 points. (+4 points)

E. 30 points if all team members did their homework last night. (+30 points)

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TASK CARD # 11

BENCHMARKS - The student should know:

- "Morpho" is a common name for morphine
- Heroin abuse can cause drowsiness and vomiting
- Of students aged 12 to 20, one in five have used marijauna
- Half of our young people try alcohol by the ninth grade. Nearly all try it before they are graduated from high school

Activity: Space Landing

Congratulations! Your interplanetary journey through space is complete! Celebrate. Which team has the most points? Perhaps an area business would donate pizza or donuts or softdrinks to celebrate your drug-free activities. Share interesting, unusual, or little known facts that you researched.

TASK CARD # 12

BENCHMARKS - The student should know:

- Heroin abuse can cause a coma and even death
- The abuse of amphetamines can cause an irregular heartbeat, high blood pressure or heart failure
- A person with an alcohol or drug problem is trying to hide the truth from himself, just as much as from the rest of the world
- Teenage drug and alcohol abusers rarely volunteer for treatments

Activity: A-Z Charts

Teams generate rules, facts and advice about being drug-free using phrases or sentences that begin with the letters of the alphabet. Print the letters of the alphabet down the left side of the chart. Beside each letter put the statement. Teams read and share charts. Post charts in areas of high visibility.

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TASK CARD # 13

BENCHMARKS - The student should know:

- Use of illegal drugs in particular may be a badge of protest against adult authority
- Amphetamines are also called Speed, Uppers and Pep pills
- To 'hallucinate", means to see things that are not really there.
- Ethyl Alcohol is a colorless liquid with a sharp burning taste

Activity: Design a stadium

Teams design the ultimate stadium to compete in drug-free sports competitions in which there is no steroid use. Show an aerial view of your stadium. Show a street view of the entrance. Name your stadium and design the tickets that will be sold. What foods will be sold at concessions? What do medals and trophies look like? Teams share results with other teams.

TASK CARD # 14

BENCHMARKS - The student should know:

- Heroin abuse can cause blood clots and convulsions
- Heroin addicts can get hepatitis and AIDS from dirty needles
- Some teenagers use drugs and alcohol not to join the adult world, but to rebel against it
- Ethyl alcohol is found in beer, malt liquor, ale, wine, champagne, and sherry

Activity: Time Capsule

Prepare a box to be exchanged with another city. Only your facilitator will know the identity of your partner city. Decide on clues to place in the time capsule. Use recreational, business, climate, historical, geographical and education clues. Include photos of your group and a list of drug-free activities you have enjoyed. When the exchange capsule comes in, search for clues to identify your mystery partner.

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TASK CARD # 15

BENCHMARKS - The student should know:

- Abuse of opium can cause convulsions and blood clots
- Heroin abuse can cause babies to be premature and addicted
- Ethyl alcohol is found in vodka, whiskey, rum and other distilled spirits
- Although alcohol is a legal drug for adults, each state of the U.S. restricts its use

Activity: Recycle

Think of clever ways you could use soft drink cans, glass or plastic bottles. Make a list of all your favorite things to drink that are nonalcoholic. Longest list wins!

Example: Fill glass bottles with varying amounts of water. Blow into the top to get different musical notes. See if you can "play" your favorite tune.

Example: Tornado in a bottle. Fill a clear, plastic bottle with water and some liquid, dishwashing soap. Add a few drops of red, blue or green food coloring. If you have any tiny, plastic houses or trees from an old game set, drop them into the bottle. Put the lid on tightly. Shake bottle vigorously. Watch the funnel shaped "tornado" form!

TASK CARD # 16

BENCHMARKS - The student should know:

- The abuse of cocaine can cause seizures
- Codeine is found in some cough medicine
- Drug use - especially drinking - is a symbol of adulthood to many adolescents
- Studies show that young people are more likely to drink as they come closer to being adults themselves

Activity: Comic Strip

Many people turn to alcohol or drug use because they have trouble coping with stress. None of us is perfect. All of us experience failure at something sooner or later. It helps to be able to laugh at yourself or a situation and accept the fact we all make mistakes. Think of five of the funniest things that ever happened to you or your family. Share the funniest memories with your classmates. Make a short comic strip to show one of the events.

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TASK CARD # 17

BENCHMARKS - The student should know:

- Too much alcohol can cause liver damage, brain damage and ulcers
- The use of tobacco goes back to the days of Columbus
- Alcohol enters the bloodstream almost immediately
- Alcohol circulates to the brain and all organs
- Alcohol depresses the central nervous system, slowing thought processes, reflexes, and other physical skills

Activity: Famous Quotes

The following statements are famous quotes. Tell how these words of wisdom could relate to the use of drugs and alcohol.

"People paint with their brains, not with their hands." Michaelangelo
"Not to know is bad, not to wish to know is worse." African proverb
"Memory is the art of attention." Dr. Johnson
"Wonder implies the desire to learn." Aristotle
"He who knows only the own side of the case knows little of that." John Stuart Mill
"We can learn anything new, anytime we believe we can." Virginia Satir
"If you can dream it, you can do it." Walt Disney

TASK CARD # 18

BENCHMARKS - The student should know:

- Problems can result from a pattern of regular drinking or from just one instance
- If alcohol is addictive, then alcoholism can result
- The abuse of crack or cocaine can cause ulcers in the membranes of the nose
- Some people become addicted to alcohol. If they stop, they will suffer severe withdrawal symptoms

Activity: Debate

Practice voicing your opinion. You gain courage and self confidence by exerting yourself. You will need to be firm when you refuse to engage or participate in an illegal, wrongful act such as the use of drugs and alcohol. Debate some of these topics with a partner or by teams:

Dogs make better pets than cats
Bathing is better than showering
Oranges are the best fruit
Summer is the best season
It's better to be tall than short
Tornadoes are scarier than hurricanes
Big presents contain better gifts than tiny boxes
A pencil is better than a pen
Coins are better than paper money

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TASK CARD # 19

BENCHMARKS - The student should know that:

* The abuse of cocaine can cause high blood pressure and increased heart rate
* Death may occur when the blood alcohol concentration is .5%, because the breathing center in the brain may become paralyzed
* It's drinking that results in job, social, health or legal problems
* Alcohol abuse is the most common - and the most costly - form of drug abuse

Activity: Research

Bring in different newspapers delivered in your area. Cut out every crime related article you can find. Sort them in piles. In one pile, the article states the crime, but does not relate to drugs and alcohol. In another pile, the crime committed is connected in some way to drug abuse or alcohol usage. Which pile is larger? Why? Try to get a total of one hundred articles. Out of 100, how many crimes are related to drugs? Now you have a percentage! Example: If it's 68 out of 100, it is 68%.

TASK CARD # 20

BENCHMARKS - The student should know:

* Mixed with certain drugs, alcohol is deadly
* In general, a 12 oz. beer (5% alcohol), a 5 oz. glass of wine (12% alcohol), and a 1 1/2 oz. shot of 80 proof liquor (40% alcohol) all contain about the same amount of alcohol

Activity: Ultimate High - Amusement Park

Each person designs a new ride, attraction, or highlight for a new Drug-Free Amusement Park. Plan the ride or new invention carefully. Color it in. Place all the rides and attractions on a large display. Design a main entrance sign. Add customers, scenery and background. Add many and varied details such as ticket booths, benches, litter cans, etc. (Show the signs you will use for no smoking, no alcohol and no drugs.)

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TASK CARD # 21

BENCHMARKS - The student should know:

- Marijauna may be called pot, tea, weed, hay, grass or maryjane
- Depressants can be called goofballs
- Some users have suffered strokes after using cocaine - the increase in blood pressure may rupture brain blood vessels

Activity: Cartoon Character Posters

Choose a character (s) from the list at the end of this publication. Finish the sentence using the character's name and an important drug or alcohol awareness tip. Make detailed drawings of your special character. Does he have cool sunglasses and a crazy hat? Is he playing a sport? Post your artwork in a highly visible area.

TASK CARD # 22

BENCHMARKS - The student should know:

- Mainlining is when drugs are injected directly into a vein
- LSD is used as a white powder, clear liquid or a drop of liquid on a sugar cube

Activity: Scavenger Hunt Phone Book

Make a long list of all the career positions you can find. Use the yellow pages of a phone book to help you. Page through the alphabetical business listings. Beside each career, list how drug or alcohol abuse in that job description would have negative consequences. How would if effect the customers? How could it be dangerous? How could it be fatal?

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TASK CARD # 23

BENCHMARKS - The student should know:

* Drug convictions and a jail sentence may include not being able to work for a city or county government
* Some hallucinogens come from natural sources, such as mescaline from the peyote cactus
* Others, such as LSD, are synthetic or manufactured

Activity: Timeline

Create a timeline of your life. Begin in your first year. Perhaps you remember your first haircut, or first birthday. Continue through each year of your life listing important events. When did you lose your front teeth, take your first swimming lesson or bike ride? Do you remember your first dentist appointment or first day of school? What about sports? Report cards? Pets? Awards? Piano or dance lessons? Travel? Special occasions, birthdays, First Comminions? Did you ever move to a new house or new school? Notice on your timeline, events seldom disperse evenly throughout a lifetime. What ages have clusters of activities in one area?

You have lived many years at this point, in fact more than a decade. Why would anyone want to erase those great events from their memory? You are a valuable member of society. You are a citizen of the U.S. You will have a long and productive life ahead of you without drugs.

TASK CARD # 24

BENCHMARKS - The student should know:

* Tobacco contains tar which clogs air sacs in the lungs
* Alcohol can be addictive
* LSD is manufactured from lysergic acid which is found in ergot, a fungus that is grown on rye bread and other grains

Activity: Tasks for Tots

Create a picture to color, with a drug-free slogan on it, for a younger child such as a first grader. Use rulers for straight lines. Don't make objects too small for little hands to color. Present the class scrapbook or coloring book to another grade level to work on. Make up a skit or poem to present.

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TASK CARD # 25

BENCHMARKS - The student should know:

* The effect from smoking one cigarette can last from 15 minutes to 2 hours
* Tobacco was a money crop in the Colonial times and was shipped to England

Activity: Drug-Free Leaders

Use a photo of each group member, such as a school picture. Tape or glue each photo to white construction paper or a large index card. Using pencils, draw yourself in your chosen career. Show uniforms, or accessories, hats, etc, as indicators for the chosen profession. Cut out the figure carefully. Create a "Career Pathway to a Drug-Free Workplace" by displaying all the characters lined up along a wall.

TASK CARD # 26

BENCHMARKS - The student should know:

* Smoking is linked to lung cancer
* Liquor is alcohol

Activity: Patchwork Paper Quilt

Every member receives a 6" x 6" white square. In the square, using thin markers and colored pencils or crayons, write your name and draw small symbols of things you collect, or like to play or do. Arrange all the squares on a giant sheet of paper. Glue them down. Using thin, black, felt tipped markers, create the "stitches" that hold the patches together. Make a sign for your display - "Patching Up for a Drug-Free World"

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TASK CARD # 27

BENCHMARKS - The student should know:

* Alcohol abuse will cause slowed reaction time, vomiting, brain damage or convulsions
* Malnutrition can be linked to alcohol abuse

Activity: Greeting Cards

Create drug-free birthday or holiday cards to send to a friend. Show happiness, excitement and involvement in a fun activity. Think of cute or caring lines or a poem to put inside the card. On the back of the card at the bottom, invent a "trademark" and put your copyright date. Be creative. "Designs by _____. "Drug-Free Art by _____". "Keri's Card Boutique", etc.

TASK CARD # 28

BENCHMARKS - The student should know:

* Cirrhosis of the liver can be linked to alcohol abuse
* Brain damage, pneumonia and cancer of the esophagus can be linked to alcohol abuse

Activity: Hand Stamps

Create drug-free stamps for your group. Facilitator cuts many potatoes in half. Create official stamps for your team by carving into a raw potato. Use a simple logo or design, such as rainbow curves with a cloud, or a heart shape. Paint the stamp surface with official team colors. Stamp your potato prints. Make notepaper by stamping the symbol in 4 corners or across the top.

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TASK CARD # 29

BENCHMARKS - The student should know:

* Smoking can be linked to drug abuse
* The Surgeon General says there is carbon monoxide in cigarette smoke
* All drug pushers may or may not be users themselves

Activity: Collection

Every age group likes to collect things. Bring in any rock, shell, stone, card, dinosaur collections that you may have started. Share collector's facts with other members of your group. Tell the advantages of your special collection. (Do not bring in anything expensive). People who have many and varied interests will not turn to drugs.

TASK CARD # 30

BENCHMARKS - The student should know:

* Use of LSD can cause depression, insomnia and tremors
* Beer is alcohol
* Wine is alcohol

Activity: Guest Speaker

Invite a guest to speak on alcohol and drug treatment centers, counselors, or hospital workers. Plan your interviews and questions carefully. Perhaps you can start a class scrapbook showing photographs of drug and alcohol awareness speakers.

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TASK CARD # 31

BENCHMARKS - The student should know:

- "Horse" is a common name for heroin
- A common name for barbituates is downers
- "Big C" and "Rock" are other names for cocaine

Activity: Personality Inventory

Create a long "favorites" list for everyone to fill in. Generate many favorite options; TV Shows, movies, colors, school subjects, sports, indoor games, etc. Notice how many ways everyone is alike. Notice how many ways everyone is different. Create a class scrapbook showing favorite categories and choices for each person.

TASK CARD # 32

BENCHMARKS - The student should know:

- A common name for amphetamines is speed
- The Surgeon General has warned that pregnant women who smoke may have premature birth and a child with a low birth weight

Activity: Fables

Fables offer lessons, or morals, at the end of the story. Here are the morals of some famous fables. Tell how they could relate to drug abuse and alcohol comsumption.

"Sometimes brains are better than muscle to solve a problem"
"A wise person plans for the future"
"Don't count your chickens before they are hatched"
"We all have the ability to help each other"
"Be satisfied with what you have"

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TASK CARD # 33

BENCHMARKS - The student should know:

- "Grass" is a common name for marijuana
- "Pot" is a common name for marijuana
- "Snow" is another name for cocaine
- Mescaline comes from the peyote cactus and although it is not as strong as LSD, its effects are similar. Mescaline is usually smoked or swallowed in the form of capsules or tablets

Activity: Personality Inventory

If you could meet yourself at any other age, what would it be, and why?
List 3 words friends would use to describe you.
List 3 words you would use to describe yourself.
If you could be another person who would it be?
What is the best gift you ever gave?
What is the best gift you ever received?
What gift would you give the world?
What do you like best about yourself?

TASK CARD # 34

BENCHMARKS- The student should know:

- Smoking is linked to heart disease
- "Smack" is a common name for herion
- The abuse of methaqualone can cause coma or death
- LSD is added to absorbent paper, such as blotter paper, and divided into small decorated squares, with each square representing one dose

Activity: Bumper Stickers and 800 Numbers

List as many drug-free messages for bumper stickers and numbers for 800 dialing as you can think of. (1-800-PROTECT) (1-800-NODRUGS) If you were a skywriter in an airplane, what message would you write? Use white chalk on blue construction paper to show the skywriting. Create a display showing the bumper stickers and 800 numbers.

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TASK CARD # 35

BENCHMARKS - The student should know:

- The abuse of tranquilizers can cause birth defects and convulsions
- With LSD use, a person's sense of "time" and "self" may change
- With LSD use, sensations may give the user the feeling or "hearing" sounds and "seeing" colors that aren't there
- LSD usage can be terrorizing, and can cause panic in the user

Activity: Parachute Display "High on Life"

Design parachutes with a drug-free message. Draw yourself inside the parachute gear. Make a display using an airplane, with all the parachutes.

TASK CARD # 36

BENCHMARKS - The student should know:

- Smoking pollutes air in public places
- With LSD, sensations and feelings change quickly and the user may feel several different emotions at once or swing rapidly from one emotion to another
- Smoking is linked to emphysema

Activity: Quiz Game

Using the benchmarks in the Task Cards, make some true and some false. Use these as questions for a "game show" whereby team with most points wins!

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Fill in the blanks with alcohol-free and drug-free advice. Create a cartoon character poster, using the names in the following list: Example: Justin Case: Just in case you haven't heard, I'm drug-free.

Tom Morrow (Tomorrow...)

Mel Odies (Melodies...)

Pat Troll (Patrol...)

Sara Person (Is there a person...)

Toad Ollie Totally...)

Ben Away (Been away...)

Dew Drop (Do drop...)

Justin Case (Just in case...)

Mark King (Marking...)

Eggs Act (Exact...)

Bill Ton (Built on...)

William Mind (Will you mind...)

Joe King (Joking...)

Adam Up (Add 'em up...)

Dina Might (Dynamite...)

Cousin Time ('Cause in time...)

Gwen R. Wee (When are we...)

Casey Forgets (In case he forgets...)

Pat Turn (Pattern)

Ella Vater (Elevator...)

Ann Surr (Answer...)

Abe Bull (Able...)

Bill Ding (Building...)

Ken U. Learn (Can you learn...)

Dora Bull (Adorable...)

Al Cohall (Alcohol...)

Dee Side (Decide...)

Summer Saults (Somersaults....)

Sue Peer (Superior

Bea Long (Belong...)

Ann Ounce (Announce...)

Sal Hoot (Salute...)

Alma Love (All my love...)

Carrie Good (Carry good...)

Taco Lot (Talk a lot...)

Paul Light (Polite...)

Anita Hue (Ah' need a you...)

O. Bay (Obey...)

Kara Bunch (Care a bunch...)

May King (Making...)

Rich N. Fame (Rich and famous...)

Lee Derz (Leaders...)

Mike Kind (My kind...)

Dan D. Time (Dandy time...)

Jess Think (Just think...)

Noah When (Know when...)

Darren Hall (Darin' all...)

Paul Loot (Pollute...)

Karen Bout (Care about...)

Snow Kidding (No kidding...)

Bea Ginning (Beginning...)

Keri News (Carry news...)

Bub Lee (Bubbly...)

Sarah Monies (Ceremonies...)

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Disco Cane(This cocaine...)
Anna More (And the more...)
Mark Myword (Mark my word...)
Fay Mand (Fame and...)
Radio Not (Ready or not...)
Lee Vit (Leave it...)
Rob Bing (Robbing...)
Abe Bell (Able...
M. Catching (Am catching...)
Zeek Friends (Seek friends...)
Dy Namic (Dynamic...)
Phil Ter (Filter...)
Ann Area (An area...)
Kurt Tail (Curtail...)
P. Pull (People...)
Stan Dards (Standards...)
Joy N. Forces (Join forces...)
U. Zing (Using...)
Arthur Itty (Authority...)
Jenny Rate (Generate...)
Prince E. Pal (Principle...)
Emma Frayed (I'm afraid...)
Stu Dents (Students...)
Weston Peace (Rest in Peace...)
Vanna Lism (Vandalism...)
Doll Erz (Dollars...)
Vic Tims (Victims...)
Millie Tary (Military...)
X. Cell (Excel...)
Vi O'Lance (Violence...)

Howie Gonna (How we gonna'...)
Kara Lot (Care a lot...)
Bev Verage (Beverage...)
Sue Nerr (Sooner...)
Hy Ways (Highways...)
Whiz Key (Whiskey...)
Jay L. Time (Jail time...)
Dee Pend (Depend...)
Ben Watching (Been watching...)
Desi Nate (Designate...)
Otto No (Ought to know...)
Fay Vorite (Favorite...)
Abe Bility (Ability...)
Reed Ooze (Reduce...)
Maxi Mum (Maximum...)
Benny Fits (Benefits...)
Biff Fore (Before...)
A. Boot (A beautiful...)
Lars Any (Larceny...)
Leigh Gal (Legal...)
N. Urgy (Energy...)
Wit Ness (Witness...)
Lou Zerrs (Loosers...)
Nick O'Teen (Nicotine...)
Matt Chur (Mature...)
Dee Bree (Debris...)
Falon Knee (Felony...)
N. Dever (Endeavor...)
Bonnie Fide (Bonified...)
Sid Deez (Cities...)

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE SIX

NAME_____DATE_____

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

_____1. Cocaine addicts will suffer withdrawal symptoms if they stop using the drug.

_____2. Smoking causes gum infections and gum disease.

_____3. Drug pushers may try to get users hooked on the cheaper, Gateway Drugs first, then graduate to the harder drugs.

_____4. Beer, wine and wine coolers are not to be considered alcohol.

_____5. Alcohol is not a drug.

_____6. Angel dust and LSD are hallucinogens.

_____7. Cocaine users build up tolerance, so that they need more and more of the drug to get the same effect.

_____8. Cocaine is made from the opium poppy.

_____9. Cigarettes contain different amounts of tar and nicotine.

_____10. Cocaine can cause coma and death.

_____11. Cocaine users risk AIDS and other diseases due to sharing of dirty needles.

_____12. Smoking regular cigarettes is not a costly habit.

_____13. Smoking is a fire hazard and can cause throat cancer.

_____14. Cocaine is addictive in all forms and can cause death in even small amounts.

_____15. Cocaine users rarely risk arrests, fines, jail terms or commit other crimes.

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

16. At first, people use cocaine
    A. to be social and go along with the group
    B. to experiment
    C. because they mistakenly think it is harmless
    D. to lose weight or gain more energy
    E. all of the above

17. This is cocaine processed for smoking
    A. LSD
    B. crack
    C. hashish
    D. marijuana
    E. bourbon

18. "Huffing" or inhaling drugs can cause
    A. psychosis
    B. liver damage
    C. damage to the nervous system
    D. all of the above
    E. none of the above

19. Tobacco is found in
    A. cigars
    B. cigarettes
    C. snuff
    D. chewing twists
    E. all of the above

20. Nearly half of young people try alcohol by the ninth grade. Almost _____ try it before they are graduated from high school.
    A. 60%
    B. 75%
    C. 100%
    D. 90%
    E. 80 %

FILL IN THE BLANK WITH THE CORRECT ANSWER.

21. Teenage drug and alcohol abusers rarely volunteer for _____.

22. "Morpho" is another name for _____.

23. Heroin use can cause drowsiness, vomiting, coma, or even _____.

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24. Ethyl _____is found in beer, malt liquor, ale, wine, champagne and sherry.

25. To _____, is to "see" or "hear" things that aren't really there.

26. Although alcohol is a legal _____, each state restricts its use.

27. _____ is found in some cough medicine.

28. Alcohol enters the _____ almost immediately, then circulates to the brain and other organs.

29. Those addicted to alcohol, will suffer severe _____symptoms.

30. Death can occur when the blood alcohol level is _____%, because the breathing center in the brain may become paralyzed.

31. _____is the most common, and the most costly form of drug abuse.

32. _____ is when drugs are injected directly into a vein.

33. Tobacco contains _____ , which clogs air sacs in the lungs.

34. LSD, lysergic acid, is found in ergot, which is a type of _____grown on rye bread or other grains.

35. Cirrhosis of the _____ can be linked to alcohol abuse.

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE SIX

ANSWER KEY

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

TRUE 1. Cocaine addicts will suffer withdrawal symptoms if they stop using the drug.

TRUE 2. Smoking causes gum infections and gum disease.

TRUE 3. Drug pushers may try to get users hooked on the cheaper, Gateway Drugs first, then graduate to the harder drugs.

FALSE 4. Beer, wine and wine coolers are not to be considered alcohol. **THEY ARE**

FALSE 5. Alcohol is not a drug. **IT IS**

TRUE 6. Angel dust and LSD are hallucinogens.

TRUE 7. Cocaine users build up tolerance, so that they need more and more of the drug to get the same effect.

FALSE 8. Cocaine is made from the opium poppy. **COCA BUSH**

TRUE 9. Cigarettes contain different amounts of tar and nicotine.

TRUE 10. Cocaine can cause coma and death.

TRUE 11. Cocaine users risk AIDS and other diseases due to sharing of dirty needles.

FALSE 12. Smoking regular cigarettes is not a costly habit. **IT IS**

TRUE 13. Smoking is a fire hazard and can cause throat cancer.

TRUE 14. Cocaine is addictive in all forms and can cause death in even small amounts.

FALSE 15. Cocaine users rarely risk arrests, fines, jail terms or commit other crimes. **THEY DO**

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

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    A. to be social and go along with the group
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    A. cigars
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    A. 60%
    B. 75%
    C. 100%
    D. 90%
    E. 80 %

FILL IN THE BLANK WITH THE CORRECT ANSWER.

21. Teenage drug and alcohol abusers rarely volunteer for **treatment**.

22. "Morpho" is another name for **morphine**.

23. Heroin use can cause drowsiness, vomiting, coma, or even **death**.

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24. Ethyl **alcohol** is found in beer, malt liquor, ale, wine, champagne and sherry.

25. To **hallucinate**, is to "see" or "hear" things that aren't really there.

26. Although alcohol is a legal **drug**, each state restricts its use.

27. **Codeine** is found in some cough medicine.

28. Alcohol enters the **bloodstream** almost immediately, then circulates to the brain and other organs.

29. Those addicted to alcohol, will suffer severe **withdrawal** symptoms.

30. Death can occur when the blood alcohol level is **.5%**, because the breathing center in the brain may become paralyzed.

31. **Alcohol** is the most common, and the most costly form of drug abuse.

32. **Mainlining** is when drugs are injected directly into a vein.

33. Tobacco contains **tar** , which clogs air sacs in the lungs.

34. LSD, lysergic acid, is found in ergot, which is a type of **fungus** grown on rye bread or other grains.

35. Cirrhosis of the **liver** can be linked to alcohol abuse.

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